

appnotes

DAY 1 READ DEUTERONOMY 8:1-16

1

When Jesus is tempted to give in to His physical desire, He refers back to a time when Israel was completely reliant on God in the wilderness. For forty years God provided food for Israel in the form of Manna and Quail. The people didn't grow crops or have to hunt. God literally supplied their meals throughout their time in the wilderness. Before the people of God entered the Promised Land, Moses recalls how God has faithfully provided for them and warns them not to forget the ways that God came through for them. When you are tempted to meet your needs your way, remember that God has a better plan and He will provide what you need!

DAY 2 READ DEUTERONOMY 6:13-19

2

When the Devil tempts Jesus to give in to pride and worship him, Jesus refers back to this text in Deuteronomy. Verses 18-19 contain an incredible promise to God's people: "Do what is right and good in the LORD's sight, so that it may go well with you and you may go in and take over the good land the LORD promised on oath to your ancestors, 19 thrusting out all your enemies before you, as the LORD said." In this invisible war, our God has fought and secured our victory. As you listen to God and do what He says - it will go well with you. That doesn't mean life will be trouble free, but you won't be sorry for the path you've chosen.

DAY 3 READ HEBREWS 4:12-16

3

Each time Jesus faced a temptation, He counter-punched Satan's attacks by knowing God's Word. The Bible is powerful. It has the ability to reveal our thoughts and motives while teaching us how to live the life that God desires of us. This is a big deal! The same weapon Jesus used to defeat temptation is available to us! The question is: are you taking advantage of it? Not only do we have the Bible, but we also have a God who knows what it means to be tempted and persevere. Because He suffered while He was tempted, He is able to help those who are being tempted.

DAY READ 2 TIMOTHY 3:10-16

4

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.” Because we are all tempted to sacrifice what we want most for what we want in a moment, we have to train ourselves. No one goes out and attempts to run a marathon without putting some serious miles on their shoes. It’s foolish for us to think we have what it takes to resist temptation without training ourselves in God’s Word and blueprint for life. Make it a habit to train every day by getting into God’s Word and spending some time speaking with Him through prayer.

DAY READ GALATIANS 6:7-10

5

Facing temptation is not easy. There are so many times we will be tempted to just give up and give in to what comes so naturally to us. Yet Paul encourages us to stay the course. There are consequences for decisions we make. We reap what we sow; or, in other words, you get what you plant. The person who plants selfishness, ignoring the needs of others—ignoring God, harvests a crop of weeds. But the one who plants in response to God, letting God’s Spirit do the growth work in him, harvests a crop of real life—eternal life. What you choose today will impact your tomorrow. So, make the wise choice!

AppNotes are available on our Facebook page, Monday-Friday.

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